NORTH PLAINS AREA
Coronavirus Assistance Information

211Info
Call, text, email or use their 211Info app to speak to a community information specialist and get answers to general questions about symptoms, prevention and tips for staying healthy. The line is currently (as of 3/11/2020) being answered every day from 8 am-11 pm.
- Call 211 or 1-866-698-6155
- Text your zip code to 898211 (TXT211)
- Email: help@211info.org

Washington County Department of Health and Human Services
Washington County HHS has the latest local information and recent news. https://www.co.washington.or.us/HHS/

Oregon Health Authority (OHA)
The Oregon Health Authority has the latest information about the COVID-19 in Oregon. Find the latest number of cases, fact sheets in multiple languages and answers to many frequently asked questions. https://www.oregon.gov/oha

Centers for Disease Control and Prevention (CDC)
The CDC has a vast library of resources and information for prevention, FAQS and resources. You can also sign up for email and social media updates from their website. https://www.cdc.gov/coronavirus/2019-ncov/

Utility Companies
The following local utility companies have reported the suspension of disconnection for non-payment. Contact your utility company for details of when suspension ends or any additional requirements/details.
- City of North Plains - Water - 503-647-5555 - Monday through Friday, 8 am to 5 pm.
- Clean Water Services - Sewer - 503.681.4400 - Monday through Friday, 8 am to 5 pm.
- Portland General Electric - 503-228-6322 or 800-542-8818 Monday thru Friday, 7 am to 7 pm.
- Northwest Natural Gas - 800-422-4012, Monday through Friday, 7:00 a.m. to 6:00 p.m.

North Plains Senior Center & Meals on Wheels Program & Food Pantry 503-647-5666.

North Plains Elementary School 503-844-1630.

North Plains Christian Church 503-647-2208.

St. Edward Catholic Church 503-647-2131.

TAKE CARE OF YOUR MENTAL HEALTH
We know that the uncertainty around COVID-19 has caused a lot of stress and anxiety for Oregonians. That stress is very real. If you’re struggling, here are some things you can do to take care of your mental health. And if you or someone you know is experiencing a mental health crisis, please know that help is available. For a list of local and national mental health resources, go to OHA’s website. You can also call the Washington County Crisis Line 24/7 at 503-291-9111. You are not alone!

Prepared by the City of North Plains and the North Plains Chamber of Commerce